

HEALTHY FAMILIES COACH

Shopping list for one person (\$30 per week):

Food	Price	Subtotal
Breads and cereals 1 bag rolled oats 1 loaf wheatmeal bread 1kg rice	\$2 \$1 \$2	\$6
In season fruit and veggies (this example is winter) 2x tin tomatoes 1x tin fruit ½ kg carrots ½ cabbage 1kg potatoes 2x onions 1kg kiwifruit or oranges Or Naenae fruit and vegetable co-op for more	\$10	
Meat and alternatives 500g bag of lentils Dozen eggs 400g Tinned salmon/tuna/sardines	\$3 \$3 \$3.50 – 5	\$9.50-11
Dairy products 4L light blue milk (<i>milk powder in bulk is cheaper and lasts longer</i>)	\$7	
TOTAL		\$31.5-33

Possible meals:

Breakfast

- Porridge (oats and milk) and tinned fruit
- Eggs on toast

Lunch

- Egg sandwich and fruit
- Tinned fish on toast and fruit
- Leftovers

Dinner

- Lentil bolognese and rice
- Stirfry and rice
- Egg fried rice
- Fish pie with potato top/or rice
- Vegetable crustless quiche (or mini quiches in bread casings)
- Lentil and vegetable soup with toast

Look at <http://www.teawakairangihealth.org.nz/healthy-lifestyle> [PVG1] for more healthy meal ideas

Pantry Basics: (Buy on weeks when there is extra money, or with WINZ \$50 food grant)

Flour, olive oil, herbs and spices, pepper, tea, soy sauce, margarine, marmite/peanut butter, soup stock/soup mix



HEALTHY FAMILIES COACH

Shopping list for one person (\$40-50 per week):

Food	Price	Subtotal
Breads and cereals 1 box weetbix or 1 bag rolled oats 1 loaf wheatmeal bread 1kg rice 500g pasta	\$2-5 \$1 \$2 \$1	\$6- 9
In season fruit and veggies (this example is winter) 1kg Carrots Cabbage 2kg Potatoes 1.5kg Oranges 7x kiwifruit Onions 2x Tinned tomatoes Or Naenae fruit and vegetable co-op for more	\$10	\$10- 15
Meat and alternatives Frozen chicken/or gravy beef Dozen eggs Tinned salmon/tuna/sardines Baked beans	\$10 \$3 \$3.50 - 5 \$1	\$17.50-19
Dairy products 4L light blue milk (<i>milk powder in bulk is cheaper and lasts longer</i>)	\$7	
TOTAL		\$40.50-50

Possible meals:

Breakfast

- Porridge (oats and milk) and tinned fruit
- Eggs on toast

Lunch

- Egg sandwich and fruit
- Chicken sandwich and fruit
- Tinned fish on toast and fruit
- Leftovers

Dinner

- Lentil bolognaise and rice
- Vegetable crustless quiche (or mini quiches in bread casings)
- Stirfry and rice
- Lentil and vegetable soup with toast
- Egg fried rice
- Chicken/beef casserole
- Fish pie with potato top/or rice

Look at <http://www.teawakairangihealth.org.nz/healthy-lifestyle> [PVG2] for more healthy meal ideas

Pantry Basics: (Buy on weeks when there is extra money, or with WINZ \$50 food grant)

Flour, olive oil, herbs and spices, pepper, tea, soy sauce, margarine, marmite/peanut butter, soup stock/soup mix

